

1 1. A method of treating a human patient for unipolar major depression, comprising
2 administering an omega-3 fatty acid to said patient at a dosage sufficient to reduce
3 or eliminate the symptoms of unipolar major depression.

4 2. The method of claim 1, wherein said omega-3 fatty acid is administered at a dose
5 of between about 1 and about 30 grams per day.

6 3. The method of claim 1, wherein said omega-3 fatty acid is in a substantially pure
7 form.

8 4. The method of claim 1, wherein said omega-3 fatty acid is eicosapentanoic acid.

9 5. The method of claim 4, wherein said eicosapentanoic acid is administered at a
10 dose of between about 2 and about 10 grams per day.

11 6. The method of claim 1, wherein said omega-3 fatty acid is docosahexanoic acid.

12 7. The method of claim 6, wherein said docosahexanoic acid is administered at a
13 dose of between about 1 and about 5 grams per day.

14 8. The method of claim 1, wherein said omega-3 fatty acid is alpha-linolenic acid.

15 9. The method of claim 1, further comprising administering a pharmaceutically
16 effective dose of at least one member of lithium, a pharmaceutical antidepressant,
17 an herbal antidepressant, an anticonvulsant, a mood stabilizer, an antipsychotic
18 agent, and a benzodiazepine.

19 10. An omega-3 phosphatidylcholine useful in the treatment of unipolar major
20 depression consisting of glycerol, wherein:

21 a) the α and β carbons of said glycerol are both esterified to a fatty acid, at
22 least one of which is an omega-3 fatty acid; and

1 b) the γ carbon of said glycerol is esterified to phosphocholine.

2 11. The omega-3 phosphatidylcholine of claim 10, wherein both the α and β carbons
3 of said glycerol are esterified to an omega-3 fatty acid.

4 12. The omega-3 phosphatidylcholine of either claim 10 or 11, wherein
5 eicosapentanoic acid is esterified to a member of the α carbon, the β carbon, and
6 both the α and β carbons of said glycerol.

7 13. The omega-3 phosphatidylcholine of either claim 10 or 11, wherein
8 docosahexanoic acid is esterified to a member of the α carbon, the β carbon, and
9 both the α and β carbons of said glycerol.

10 14. The omega-3 phosphatidylcholine of either claim 10 or 11, wherein alpha-
11 linolenic acid is esterified to a member of the α carbon, the β carbon, and both the
12 α and β carbons of said glycerol.

13 15. The omega-3 phosphatidylcholine of claim 10, wherein eicosapentanoic acid is
14 esterified to the α carbon of said glycerol and docosahexanoic acid is esterified to
15 the β carbon of said glycerol.

16 16. The omega-3 phosphatidylcholine of claim 10, wherein docosahexanoic acid is
17 esterified to the α carbon of said glycerol and eicosapentanoic acid is esterified to
18 the β carbon of said omega-3 phosphatidylcholine.

19 17. A pharmaceutical composition comprising the omega-3 phosphatidylcholine of
20 claim 10, wherein one or more unit doses of said composition provides an amount
21 of said omega-3 phosphatidylcholine sufficient to reduce or eliminate the
22 symptoms of unipolar major depression.

1 18. The pharmaceutical composition of claim 16, further comprising a member of
2 lithium, a pharmaceutical antidepressant, an herbal antidepressant, an
3 anticonvulsant, a mood stabilizer, an antipsychotic agent, and a benzodiazepine..

4 19. A method of treating unipolar major depression in a human patient, comprising
5 administering the omega-3 phosphatidylcholine of claim 10 to said patient at a
6 dose sufficient to reduce or eliminate the symptoms of unipolar major depression.

7 20. The method of claim 19, further comprising administering a pharmaceutically
8 effective dose of at least one member of lithium, a pharmaceutical antidepressant,
9 an herbal antidepressant, an anticonvulsant, a mood stabilizer, an antipsychotic
10 agent, and a benzodiazepine.

11 21. A kit comprising a carrier containing in close confinement therein one or more
12 components, wherein:

13 a) a first component contains an omega-3 fatty acid; and

14 b) a second component contains a psychotropic medication useful in the
15 treatment of unipolar-major-depression.

16 22. The kit of claim 21 wherein:

17 a) said first component contains an omega-3 fatty acid selected from the
18 group consisting of eicosapentanoic acid, docosahexanoic acid, and alpha-linolenic acid;
19 and

20 b) said second component is selected from the group consisting of lithium,
21 pharmaceutical antidepressant, an herbal antidepressant, an anticonvulsant, a mood
22 stabilizer, an antipsychotic agent, and a benzodiazepine.

23 23. A kit comprising a carrier containing in close confinement therein, none or more
24 components wherein:

25 a) a first component contains an omega-3 phosphatidyl-choline; and

1 b) a second component contains a psychotropic agent useful in the treatment
2 of unipolar major depression.

3 24. The kit of claim 23, wherein the α carbon of said glycerol is esterified to
4 eicosapentanoic acid and the β carbon of said glycerol is esterified to doocosa-
5 hexanoic acid.

6 25. The kit of claim 23, wherein the α carbon of said glycerol is esterified to
7 docosahexanoic acid and the β carbon of said glycerol is esterified to
8 eicosapentanoic acid.

9 26. The kit of claim 23, wherein a member of eicosapentanoic acid, docosapentanoic
10 acid, and alpha-linolenic acid is esterified to a member of the α carbon, the β
11 carbon, and both the α and β carbons of said glycerol.

12 27. The kit of any one of claims 23-26, wherein said second component is selected
13 from the group consisting of lithium, pharmaceutical antidepressant, an herbal
14 antidepressant, an anticonvulsant, a mood stabilizer, an antipsychotic agent, and a
15 benzodiazepine.

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